# LIFESTYLES

HAWAII MARINE B SECTION FEBRUARY 17, 2006

## Dirt-bike riding at Kahuku Motocross



A young rider races around the Peewee track at Kahuku Motocross Park, Feb. 4. The Peewee track is opened to riders whose bike's engines are no bigger than 60 cubic centimeters. This park has the only track with trails on Oahu. It is open weekends and federal holidays

#### Story and Photos By Lance Cpl. Roger L. Nelson

Combat Correspondent

Oahu is known for the size of its waves and excellent surfing spots, but surfing is not the only extreme sport the island has to offer. Motocross and dirt-biking, along with all-terrain vehicle riding are also gaining popularity on Oahu.

Seaman Patrick Riley, aviation electrician, Helicopter Anti-Submarine Squadron Light 37, said when he rides his ATV he's out to have a good time.

"A lot of my friends will load up their ATVs or dirt bikes and go to the Kahuku Motocross Park on a Saturday morning and will end up staying there all day or until they close," said Riley. "They let people camp out there, and it's usually good to do that so you can just wake up the next day and ride again, instead of having to drive all the way back up there the next day."

According to the Pensacola, Fla. native, when he's riding, all of the stress of the previous workday leaves his mind.

"It's great to do – if you have had a rough week or something,," said the 21-year-old.

Riley said he has been riding dirt bikes and ATVs since he was in middle school and that the track at the park is one of the best places he's ridden.

"It's really nice and has a lot of different trails for people with different levels of riding skill," said Riley. "If a person has a son or daughter who want to ride, it's a good place for them, too, because there is a track that only smaller bikes can go on."

because there is a track that only smaller bikes can go on."

The Peewee trail at Kahuku Motocross Park offers a track for bikes with 50 or 60 cubic centimeter engines.

Each track has man-made whoops, jumps, tabletops, and much more. There are also areas in which people can sit back and watch riders go over some of the double and triple jumps.

"I bring my son out here, and we usually will ride the Perimeter Trail at first to get our bikes warmed up, then go to the practice track and spend some time riding around there," said James T. Rabborn, landscape specialist. "It's a good way for he and I to spend time together – a little father-son bonding.

"I'll bring my whole family out here on a Friday after work sometimes, and we'll just make a weekend of it."

Rabborn said his wife and daughter both have four-wheelers, so they will cruise around the perimeter trails and main roads while the guys – he and his son – go out and "get dirty."

The Austin, Texas native said the lookout points on some of the trails are breathtaking.

Park Attendant Carole Kell said, "A lot of the trails lead to lookout points that overlook the ocean and have some of the best views on the island.

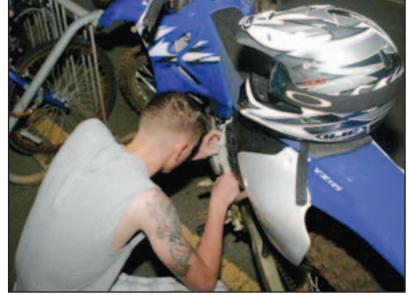
This park has the only track with trails on Oahu. It is open weekends and federal holidays and a fee of \$5 per bike is charged to those who are non members of the park and \$2 for park members. Each rider must use appropriate riding and safety gear.

Races are held at the Kahuku Motocross Park one Sunday every month. The cost to enter the race is \$25 to enter a race and \$3 for spectators.

For more information about Kahuku Motocross Park call 528-3204.



Dylan Krandtz, a 15-year-old student goes airborne on one of the jumps at Kahuku Motocross Park. Jeff Krandtz described his son as "insane" on his dirt bike. The park offers a variety of trails, including a Peewee track for bikes with 50 to 60 cubic centimeter engines. The park is open on weekends and federal holidays.



Lance Cpl. Christopher Lammers, cannoneer, Bravo Battery, 1st Battalion, 12th Marine Regiment, changes a spark plug after a full day of riding at Kahuku Motocross Park. Lammers said the best part of riding there is that you can ride all day, sleep at the park and wake up to ride again the following



Lance Cpl.
Christopher
Lammers, cannoneer, Bravo
Battery, 1st
Battalion, 12th
Marine Regiment,
turns the gas off on
the engine of his dirt
bike so gas doesn't
leak out.

# Draped in purple, green, gold threads

#### Celebrate Mardi Gras 2006 in style at Kahuna's

Yibeli Galindo-Baird

Marine Corps Community Services

Beads, beads, and more beads! That's what Staff NCO Club and Kahuna's Sports Bar & Grill patrons will be adorned with when they take part in the festive celebrations these clubs will be putting together for Mardi Gras Feb 24.

At the Staff NCO Club the theme is "Friday Night on the Rocks," with Fat Tuesday pupus and paraphernalia. This new monthly program, in which Staff NCO Club members can invite guests who might otherwise not have a chance to visit the club or party with Staff

NCOs the last Friday of each month, offers the opportunity for guests and members alike to partake of pupus and drink specials while listening to a DJ or live music. Doors open at

Kahuna's Mardi Gras Party is scheduled for Fat Tuesday, Feb. 28, from 6 p.m. to midnight; featuring Cajun Creole food, live entertainment by the Mississippi Full Steppers from 8 to 11 p.m.

For those who really want to recreate the Bourbon Street. atmosphere, arrive in a costume for a chance to win a prize.



Kahuna's Patrons, dressed for the occasion during the 2005 Mardi Gras celebration, vie for a chance to win the prize for the best costume. At the Staff NCO Club the theme is "Friday Night on the Rocks," with Fat Tuesday pupus and paraphernalia.

### Military's toughest job: Wife, mom, hero

**Gene-Thomas Gomulka** Story courtesy of LifeLines

Military commissaries used to have the slogan printed on their brown paper bags: "Military spouse – the hardest job in the military." As troops find themselves making multiple deployments, often leading them "in harms way," it's becoming harder and harder for families to endure these separations.

During recent testimony before the Senate Armed Services Subcommittee on Recruitment and Retention, Lt. Gen. H.P. Osman, USMC, pointed out that while recruitment is about personnel, retention is about fami-

More than 60 percent of military personnel today are married. As a result, it's crit-

ical that military and political leaders show attention to the feelings of spouses if they want to retain service members.

While many couples enjoy serving and living in a variety of countries around the world, along with other military benefits (e.g., education, housing, medical and dental care), others find the multiple challenges too much to

Before a couple decides to leave military service, however, it's important that they discuss what they will do and where they may live if and when they leave.

How many years service does a spouse have remaining on active duty before eligibility for retirement? What are your employment opportunities if your family leaves at the end of your current contract? Do both adults have jobs contributing to the family income? The closer a couple is to the end of enlistment or retirement, the more important such questions become.

Work together to come up with a plan that will grant your spouse a sense of job satisfac-



Lt. j.g. John Kopplin receives a warm welcome home from his wife Melissa and his son Ryan, 2, after returning from a nine-monthdeployment to the Middle East April 27, 2003.

port and love you seek.

tion while giving you and your family the sup-

In the meantime, recognize that there are a lot of people, not only in our country but also in war-torn countries like Iraq, who are deeply grateful for the sacrifices that American families are making to help create a better world.

The lonely nights and meals, along with the missed birthdays, holidays and anniversaries that families endure over the years of separation are not in vain.

What retired Navy Chief Petty Officer Jeff Edwards said at his retirement about his wife could be paraphrased about so many other military spouses: "You are a patriot — the sort of citizen that all of us should be, but so few of us

You live with sacrifice, because you believe in the rights and ideals that your husband defends. Although you wear no uniform, you are a part of that defense \_\_ a vital link in the chain of freedom. Although you wear no medals and will reap no glory on the field of battle, you are a hero in the truest sense of the word. You are a military spouse."

### \_\_\_\_MARINE CORPS COMMUNITY SERVICES\_\_\_\_

WWW,MCCSHAWAII,COM

#### Kahuna's **Sports Bar** & Grill

254-7660/7661

Latin Night features El Conjunto Tropical. This band will play merengue, bachata, cumbia and other tropical tunes tonight, beginning at 10 p.m.

Freestyle Battle III at Kahuna's Saturday is free for spectators and \$5 for participants. It will feature elimination rounds, with the winner being the last one left standing. First-, second-, and thirdplace winners will receive special prizes; the first place winner will also take home a cash prize. The DJ will play music between rounds and will continue on through the DJ Dance Party and Logo Glass Night following this event. It all begins at 7:30 p.m.

Holiday Hours of operation begin Monday, so Kahuna's will not be serving lunch but will be open for business starting at 6 p.m. The Recreation Center will open at 8

Swing and Salsa lessons are available Mondays and Tuesdays at Kahuna's Community Ballroom for \$2. Mondays feature Swing classes while Tuesdays switch to Salsa instruction. For more information, call 254-7660.

**Country Nights** Wednesday evenings features DJ Charlie Garrett and the weekly pool tournament.

#### **Staff NCO Club** 254-5481

Pub Night at the Pub with No Name Rocks Wednesdays through Saturdays from 6 to 9 p.m. Members will receive discounted

pricing on their order by presenting their valid membership card.

Discounts at Fairways Sports Bar and Grill are available for Staff NCO Members from 11 a.m. to 1 p.m. on those days. For more information, call 254-5481.



#### Officers' Club

254-7650/7649

Presidents Day, the Officers' Club will be closed.

Pasta Lunch Buffet is offered Tuesdays and Thursdays from 11 a.m. to 1 p.m.

Mongolian Barbecue is offered Wednesdays and Friday evenings in the Lanai Ballroom on

the lower level of the club. **Champagne Sunday Brunch** at the Kaneohe Klipper Golf Course from 10 a.m. to 1 p.m. Member pricing is \$17.50 plus \$3 with champagne and non members pricing is \$19.95 plus \$3 with champagne. Children 8 to 12 pay \$6.95, children 5 to 7 pay \$3.95, and there is no charge for brunch for children 4 and younger. Reservations are highly recommended. Be sure to call ahead for seating arrangements.

All Hands

MASP Registration is being held now through March 13 for the Military Academic Skills Program. MASP is a Joint Education Center program that offers a course of study that can help improve Armed Forces Classification Test scores.

This program is offered to all military service members and civilians on a space-available basis. Through successful program completion and testing, Marines and Sailors may qualify for specialized schools and military occupational specialties. Two pretests are required. For more details, call 257-2158.

**Graduate Level Testing** and Pre-Testing at JEC to be held Saturday. If you are looking into graduate school and want a sneak preview of what

graduate entrance testing is like, register now at the Joint Education Center for graduate level pretests including the pre-MCAT, LSAT, GMAT and GRE. The practice tests are free and will take place Saturday in Building 220. If you are ready for the real GRE test, the last day to register for this test is today. GRE testing will take place on April 3. Call the JEC for more information at

**Base Pool Closed for repairs** through mid-March. Until this facility reopens, The Officers' Club pool will be available Tuesday through Friday, 11 a.m. to 1 p.m. for lap swim, 1 to 5 p.m. for recreational swim, and 5 to 6 p.m. for lap swim; Saturday, Sunday and holidays, recreational swim time is from 12 to 5 p.m.; and Monday, the pool will be closed. During recreational swim times, one lane will be open for lap swimming.

LINKS Training available to spouses who are new to the island or the military lifestyle. LINKS provides basic information necessary to acquaint them with the unique aspects of the Marine Corps and Navy life. This Tuesday and Wednesday session will take place from 8 a.m. to 12:30 p.m. at the LINKS House, Building 3074. For more information, call 257-2368.

Resume Workshop to be held Tuesday to teach jobseekers how to prepare a resume that will make a positive impression on prospective employers. Topics include how to put your education, experience and background together. For more information or to sign up, call 257-7786.

**PCS Move Workshop** will be held Wednesday for single and married service members and their families to provide information, resources and tools needed to plan a permanent change of station move. Presentations will include information from TMO, Housing, TLA, Finance Office, Personal Financial Counselor, EFMP Coordinator and TRICARE as well as a Relocation and Anti-Terrorism Level 1 brief. Service members do not need orders to attend, but registration is necessary, due to limited seating. Attendance is mandatory for active duty Marine Corps personnel per MCO 1320.11E. To sign up or for more

information, call 257-7790. **Federal Employment** Workshop will be help Wednesday to explain the federal selection and hiring process. Information to be presented will include veteran's preference, military spouse preference, and the SF-171 will be provided. If you are considering federal employment, this workshop is a must. Call 257-7790.

Interviewing Workshop to be held Thursday will provide a general overview of the interviewing process. Topics include tips on researching prospective employers, types of interviews, and typical questions to expect. For more information and to sign up, call 257-

Sponsorship Training will be held Thursday and is mandatory for all personnel assigned as sponsors for inbound service members. It provides a complete outline of sponsor's duties. For more information, call the Relocation Assistance Program at 257-7790.

Hawaii Heroes Special Promotion has been extended through February for the Polynesian Cultural Center. Tickets are available at the ITT office at Mokapu Mall or Camp Smith to take advantage of this promotion, which is now extended through February. With the purchase of one Polynesian Cultural Center ticket, active-duty military personnel may visit for free on a ticket of equal of lesser value. This includes all packages up through the Luau level.

Whale Watching Tour tickets available at ITT. Prices start at \$23 and are available for children 2 and older. This promotion ends April

#### **Ongoing**

Parenting Proudly is a six-week class for parents of children 2 to 12. This parenting class focuses on discipline, child development, and other parenting issues. The class will meet on Tuesdays from 10 a.m. to 12 p.m. in the Marine and

Family Services Conference Room. Childcare is reimbursable upon request. To register, call 257-8803.

Safety Inspections available at the Auto Skills Center Monday through Friday from noon to 6 p.m. and on Saturdays, Sundays and holidays from 9 a.m. until 3 p.m. or until openings are filled. For more information, or to make an appointment, call 254-7675.

**Exceptional Family Member Program** A three-day support group meets the fourth Tuesday of each month at the LINKS house in Building 3074. Childcare is provided free of charge. For more details, call 257-7783.

### MOVIE TIME—

Prices: For Friday and Saturday shows at 7:15, prices are \$3 for adults, 12 and older; \$1.50 for children 6 to 11. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Prices for Sunday, Wednesday shows at 6:30 and Friday and Saturday shows at 9:45 are \$2 for adults and \$1.50 for children. Show your ID card when purchasing tickets. Entry is free for children 5 and younger.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screen-

ings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wanding, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Fun with Dick and Jane (PG-13) King Kong (PG) Fun with Dick and Jane (PG-13) The Family Stone(PG-13) Memoirs of a Geisha (PG-13) The Family Stone(PG-13) The Producers (PG-13)

Memoirs of a Geisha (PG-13)

Friday at 7:15 p.m. Friday at 9:45 p.m. Saturday at 7:15 p.m.NO LATE SHOW Sunday at 2:00 p.m. Sunday at 6:30 p.m. Wednesday at 6:30 p.m. Friday at 7:15 p.m.

Friday at 9:45 p.m.

# Save food funds with **DeCA**

**Cherie Dewar** 

Story courtesy of LifeLines

Anyone who shops at the local commissary knows how low the prices can be compared to civilian grocery stores and now you can find even more savings by visiting the Defense Commissary Agency Web site. You'll get coupons, learn about sales and Best Value Items, and see new recipes, as well as find links to other Web sites that serve military families.

To locate and learn about your nearest commissary, click on the "locations" tab. Each commissary provides a list of business hours, driving directions, spotlighted events, specialties — such as specialorder meat, veggie, or fruit trays, or a "grab 'n go" section — services, and even the managers' names. If you have any questions or concerns, the commissaries list their e-mail address so you can communicate with them directly.

The spotlighted events section often mentions upcoming sales and how to find the Best Value Items, which means that those items are comparable in quality to the national brand but sold at a lower price than at civilian supermarkets, and sometimes they're even much lower than the normal 30.4 percent savings that you'll find at the commissary.

Once you know the location of your nearest commissary, the "Shopping" section will help you hunt down the BVIs. Under "Visit Our Savings Aisle" is a complete list of the BVIs, plus bargain products broken down by category, such as frozen foods, grocery, health and beauty aids.

This section is similar to the mailers that advertise sale items in civilian grocery stores by listing what percentage the items are discounted when compared to the regular price. You can make out your shopping list by looking at commissary products where the BVIs and national promotion items are flagged.

If you need fresh meal ideas when you're making out your shopping list, the "Shopping" section also has a "Find a Recipe" section. There are recipes for practical dinners like potato corn chowder with chicken, or cute decorative desserts such as Poppy the Penguin popcorn balls. Many more links are provided that contain recipe ideas. Kraft, Nabisco and Kellogg's have Web sites dedicated to the military, and these sites advertise special offers of their products at the commissaries.

One good resource is Military Shoppers. After registering with the Web site, you can stretch your food dollar even further by printing coupons from the "Military Store Coupons" section. Military Shoppers mails out "Judy Johnson" coupons to those who live in on-base housing; these coupons are good only at commissaries. If you live off base, you can receive them by signing up in the Judy Johnson coupon section. This site also offers free classified ads, base information and a local entertainment guide.

Active duty service members, Reservists and their spouses have unlimited access to the commissary. An ID card is all that is required to use the commissary.

By shopping at the commissary, a family of four can save \$2,440 per year, with average savings of 30.4 percent compared to civilian grocery stores.



HAWAII MARINE

Mariam Escher, military family member, and Angel Rios, caregiver, take advantage of one of their military benefits by shopping at the Kaneohe Bay Commissary where they save up to 49 percent on some of the grocery items they purchase.



Photo Courtesy of Rod K.T. Kam

Atuvai Savea, a Marine Corps Exchange employee, helps a family to complete their purchases. Retail position such as this are among the many you can work in when you join the MCCS staff. MCCS Personnel Office workers are constantly looking for people to fill full-time, part-time and flexible-schedule positions. MCCS encour ages everyone from retiree's to those without much work experience to consider joining the more than 700 employees who already work at MCB Hawaii.

# Marina offers seaworthy adventure



**Deb Trzcinski** 

Story courtesy of LifeLines

A trip to the local hardware store is a reminder that there could be more to life on Saturday and Sunday than the resonance of power saws and lawnmowers. White sails fill the harbor and the sound of lapping waves are calling. No boat? No skills? No prob-

If you're interested in taking to the sea as captain of your own vessel, you may be in luck. Marinas operated by Morale, Welfare Recreation and Marine Corps Community Services can be found on or near installations in various locations around the world. These marinas service military members and their families, offering watercraft rentals at affordable prices.

#### **Locations Near You**

Currently, there are 22 marinas located throughout the continental United States and Hawaii. Overseas MWR marinas can be found at Guantanamo Bay, Cuba; Guam; Yokosuka, Japan; Roosevelt Roads, Puerto Rico; and Rota, Spain. Sites for MCCS marinas or boat rental facilities include Okinawa, Japan; Kaneohe Bay, Hawaii; Yuma, Ariz.; Quantico, Va.; Camp Pendleton Calif., and MCRD San Diego. North Carolina is big boating country with several MCCS marinas located at or near Cherry Point, Camp Leieune and New River.

A Boat for Everyone and Everyone in a Boat

available varies depending ments ahead of time.

on location.

San Diego MWR marinas offer sailboats, kayaks, canoes and powerboats, while in Jacksonville, Fla., you can rent these as well as speedboats, bass boats and pontoon boats.

If wave riding is more your style, the marina at MCB Hawaii rents windsurfing equipment.

Crescent Harbor Marina at Whidbey Island, Wash., features a variety of rentals, including large vessels equipped with experienced skippers. At Whidbey Island, you can arrange the "date of the century" aboard the Lively, a 44-foot, sailboat, for a mere \$35 an hour (command functions warrant a 10 percent discount).

#### **Typical Costs**

Boats at many locations are rented by the hour, day or week, and prices vary according to size and type of vessel as well as location. Fees might range from \$8 to \$40 a day for smaller boats, such as canoes, kayaks and aluminum boats. Large boats tend to be rented by the hour at rates anywhere from \$7 to \$20 per hour.

#### Requirements

Certification as a beginner, intermediate, or advanced boater may be required for rental. You may also be asked to prove your abilities in order to rent powerboats.

At the Oura Wan Beach Marina in Okinawa you must take a free introductory safety class prior to renting

Be prepared by finding out The type of watercraft about necessary require-

#### Learn to Sail

If the prospect of maneuvering a boat through water gets you all tied up in knots, never fear. Adult instruction classes ranging from beginner to advanced are offered at several MWR/MCCS mari-

Prices for classes might run from \$40 for a one-day advanced class to \$85 for a two-day intermediate or beginner class.

Who knows, you might be eligible for a membership in the Navy Sailing Association in no time.

A free Boat Smart class is offered at Pelican Point Marina in Cherry Point. This class covers many topics and will include the receipt of a safety certificate and boating permit.

#### **Youth Camps**

Young skippers are welcome, too. Check with your local MWR/MCCS marina for the availability of youth sailing camps. The marina at MCB Quantico and Fiddlers Cove Marina in San Diego offer sailing camps for youth throughout the summer. Camp prices vary, depending on eligibility.

#### **Boat Storage Available**

MWR/MCCS marinas offer affordable storage for current boat owners. Slip rental fees average well below \$10 per foot, per month. You may also find amenities such as showers, bathrooms and laundry facilities on the grounds.

#### **Bring Guests**

Civilian guests without IDs are welcome when accompanied by an eligible sponsor.

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HAWAII MARINE



The Hawaii Marine's movie reviews are the sole opinions of our writers. Hawaii Marine does not solicit endorsements or compensations from the film industry or any other parties.



# Film filled with dimwitted humor

Cpl. Michelle M. Dickson

Combat Correspondent

When going into the movie theater, again with low expectations, I hoped to be somehow wowed by how the movie was slightly better than what I thought it would be.

Well I was. I laughed maybe twice, and that was indeed more than I expected with Shawn Levy's new flick, "The Pink Panther."

With what dimwitted humor it did posses, I had the feeling that I would have been happier if I had been staring at a cabinet or watching dust particles collect. If I was doing that, then I could at least wipe them off and know that I at least did something more meaningful for two hours.

The movie begins with the murder of a world famous soccer coach whose priceless, pink panther diamond ring is stolen.

To solve the case, the government need a good detective, but somehow, there are none to be found. Chief Inspector Dreyfus, Kevin Kline, summons the expertise of Inspector Jacques Clouseau, played by Steve Martin.

Clouseau immediately sets his sights unplugged television.

on the coach's former girlfriend, Xania, played by Beyonce Knowles; and with the help of his trusty assistants Gendarme Gilbert Ponton, played by Jean Reno, and Nicole, played by Emily Mortimer, he sets out to solve the case.

The movie is filled with stupid humor at which you sometimes feel obligated to laugh, but then you realize what a waste of breath that would be and hold back.

There is a funny part that involves Clouseau attempting to pronounce the word hamburger. Boy, that was sure worth my money ... oh wait. No it wasn't.

I wouldn't recommend this movie, simply because it isn't any good. Not entertaining, not funny – and if you thought the movie previews made the movie look simply awesome, you'll be disappointed.

Why did I see the movie? I didn't have to pay for it, other than that, I would have watched something more worth my time, like perhaps -- an unplugged television.

# Flick full of dry humor

Lance Cpl. Roger L. Nelson

Combat Correspondent

Have you ever seen a movie preview or trailer and knew immediately that you would leave the theater disappointed and feeling like you have just wasted two hours of your life?

Well go see Director Shawn Levy's new flick, "The Pink Panther," and you'll have the feeling that you could have spent your time more wisely doing something else.

This knock off of the 1964 movie directed by Blake Edwards starts out as Inspector Jacques Clouseau's, played by Steve Martin, clumsiness is noticed by Chief Inspector Dreyfus, played by Kevin Kline.

With Clouseau's inelegance, Dreyfus realizes he can

become a well-known detective if he solves the case of the famous Pink Panther diamond.

After Clouseau is introduced, he is sent out into Paris to find the diamond. While in search of the Pink Panther, he encounters many twists and turns in the case of the stolen diamond and pursues the victim's girlfriend, Xania — Beyonce Knowles — as the main suspect.

With his trusty sidekick, Gendarme Gilbert Ponton, played by Jean Reno, who is constantly reporting back to Dreyfus, Martin shows his ignorance of the English language – mispronouncing words like hamburger.

There was really nothing at all spectacular about this movie. The only funny parts involved flatulence and the idiocy of the language, but the movie couldn't keep a constant level of humor and couldn't keep the audience awake.

The movie was, honestly, terrible, and

made me want to leave after about the first 25 minutes.

I would highly suggest staying home and doing something more entertaining with your spare time — like watching the grass grow.

If you do decide to waste two hours of your life, I propose you bring something to entertain you, so you will stay awake during the movie. You may also want to schedule a counseling session afterward, because you will more than likely be wishing you could get back those previous hours of your life.

# Job opportunities for spouses

#### **LIFELines Research Staff**

Quality of life for military families translates to enhanced force readiness and increased retention of qualified and experienced military personnel. For this reason Deb Kloeppel, a military spouse, developed the Military Spouse Corporate Career Network, a nonprofit, corporate direct hire program dedicated to providing career opportunities and job portability for military spouses through a nationwide network of employers.

Transfers between duty stations are a fact of military life.

They can cause job loss and career interruption for military spouses, resulting in economic hardship for military families. The stress of the household move, coupled with the loss of secondary income, can detract from the military member's effectiveness and, ultimately, overall military retention rates.

The Military Spouse Corporate Career Network couples the power of this growing, nationwide network of like-minded employers, through an Internet-based, talent management gateway system to provide job portability and career continuation for military spouses.

The MSCCN does not charge a job posting or job placement fee to employers, the military, or military spouse job applicants. Its web portal is for the exclusive use of military spouses

MSCCN is composed of and funded by a nationwide network of employers who have stepped up to the plate to support military spouses and families.

The MSCCN is staffed by a core group of military spouses who have experienced first-hand the joys and rigors of military life. For more information go to http://msccn.org. Good luck in your job search.



# He who prepares for War....

Editors Note: Proud military mom Jeanne Lambert sent Hawaii Marine the following poem. It was written by her son, 3/3, Pfc. Alex Lambert, a marine assigned to 3rd Battalion, 3rd Marine Regiment. Alex joined the Marines in March 2005.

He Who Desires Peace Prepares for War!
Not knowing truth but only deception
I stand in my boots self-corrected.
Knowing the truth and what is expected
Keeping quiet while the world gets hectic.
The truth I know and so want to tell
Portrays a chapter straight out of hell.
We fear to grieve for the ones lie dead
For fear of death of those in sight.
The light feels near but not just yet
There's a place to be and a time for dept.

As I count the weeks day by day
I open my mouth with little to say.
The thought's I've known have gone away
But the memories I have are here to stay.
I wish I could have done things a different way,
But now I'm here and I have to stay.
The thought of war makes it hard to say
I'm having fun the Marine Corps way.
Though trained to kill on a daily basis
Will I have nightmares of dying faces?

Both blood and gore will pound a shore
The time will come when times no more.
And people will rise in the final hour
Not knowing death but only power.
Feeling the day turning sour......
Like a cold winter shower.
Mothers and children lock you doors
America's Battalion is ready for war.



File Photo

# MARINE MAKEPONO

Hawaiian for "Marine Bargains"

#### **Garage Sale**

**Moving sale** this Saturday from 6 to 11 a.m. at 6541-B Faleatine, Place. Kailua. Call 721-7721.

#### **Furniture**

**Leather chair** \$500. Maple veneer and Asian hardwood, seven-piece dining table, \$500. Air hockey table, \$50. Sofa and chair, \$300.Call 721-7721.

**Custom wrought - iron bedroom set** with queen - size canopy bed, room divider and chair, \$1,100. Call 664-3830.

**Three-piece sectional** with built in recliner and hideaway bed, \$400. Antique 7-Up metal cooler, \$100. Call 254-0864.

#### **Pets**

**Free female dog**, Lab, Shepard Ridgeback mix, house broken and good with children. Call 772-9886.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine office.

The deadline for submitting ads to the **Hawaii Marine** is 4 p.m. the Friday of the week prior to publication.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216 aboard Kaneohe Bay.

Ads are run on a first-come, first-served basis.

To renew an ad or for more information, call the **Hawaii Marine** office at 257-8837 or 257-8835.

# ON THE MENU-

#### AT ANDERSON HALL



**Today** 

Lunch
Southern fried catfish
Southern fried chicken
Barbecued spareribs
Hopping John (black-eyed peas
with rice)
Baked macaroni and cheese
Glazed sweet potatoes
Corn on the cob
Southern style greens

Carrot cake
Pecan pie
Vanilla cream pudding
Butter cream frosting
Sweet potato pie

Dinner
Roast turkey
Beef pot pie
Mashed potatoes
Buttered egg noodles
Calico corn
Simmered broccoli
Savory bread dressing
Turkey gravy
Cranberry sauce
Sugar cookies

#### **Saturday**

Dinner
Baked lasagna
Chicken parmesan
Spaghetti noodles
Marinara sauce
Italian mixed vegetables
Simmered peas and carrots

Pizza slices
Garlic bread
Marble cake with
chocolate icing
Assorted fruit pies

#### **Sunday**

Dinner
Barbeque beef cubes
Baked turkey and noo-

Steamed rice Creole green beans Simmered cabbage Tomato gravy Ginger molasses cook-

Spice cake with butter cream frosting

#### Monday \*(PRESIDENT'S DAY)

Dinner
Beef brogul
Fresh baked Cajun fish
Mashed potatoes
Rice pilaf
Club spinach
Mixed vegetables
Brown gravy
Chocolate chip cookies
Assorted fruit pies

#### Tuesday

Lunch
Simmered corned beef with
mustard sauce

Honey glazed cornish hens
Parsley buttered potatoes
Fried cabbage
Simmered carrots
Egg noodles
Chicken gravy
Peanut butter cake with peanut
butter frosting

Dinner
Turkey pot pie
Sweet & sour pork
Steamed rice
Jefferson noodles
Simmered broccoli
Simmered pinto beans
Turkey gravy
Chow mein noodles

Peanut butter cake with peanut

butter frosting
Assorted fruit pies

#### Wednesday

Lunch
Pork adobo
Beef yakisoba
Pork fried rice
Vegetable stir fry
Corn O'Brien
Oatmeal cookies
Strawberry shortcake
Assorted fruit pies

Dinner
Steak smothered with onions
Southern fried catfish
Mashed potatoes
Baked macaroni and cheese
Southern-style green beans
Peas and carrots
Brown gravy
Oatmeal cookies
Strawberry shortcake
Assorted fruit pies

#### Thursday

Lunch

Turkey a la King
Beef porcupines
Mashed potatoes
Boiled egg noodles
French fried okra
Simmered mixed vegetables
Turkey gravy
Tomato gravy

Marble cake with chocolate cream frosting Pineapple upside down cake Assorted fruit pies

Dinner
Braised liver with onions
El Rancho stew
Honey ginger chicken
Rice pilaf
Boiled egg noodles
Lyonnaise carrots
Club spinach
Chicken gravy

Marble cake with chocolate cream frosting



Cpl. Michelle M. Dickson